Depression, suicide rates especially high among college-age men and women

Severe stress can contribute to development of depression

By ASHLEY GOFF

S uicide is the second-leading cause of death in college students today. According to the Johns Hopkins Medical Institute, "suicide is a mood disorder characterized by a persistent and profound sense of emptiness, hopelessness, and lack of interest in everyday activities. The condition is twice as common in women as in men and is usually episodic. But unlike normal sadness or grieving, most bouts of depression last for weeks, months, or even years."

Depression comes in many forms, spreading from a chronic, low-grade form of the condition called dysthymia to more severe forms such as bipolar disorder. Although depression itself is usually not considered life-threatening, it can lead to suicidal thoughts or attempts. According to Johns Hopkins, as many as 70 percent of suicides in the United States are related to depression, and up to 15 percent of severely depressed people commit suicide.

These statistics are too high. Fortunately, the overwhelming majority of people with depression can be helped by counseling (psychotherapy), antidepressant drugs or other therapies, thus lowering the suicide risk. But in order for people to get the help they need, more people need to be informed about the disorder itself, able to identify the warning signs and know what to do to either find help or get help for another.

Symptoms of depression include persistent feelings of sadness, apathy or hopelessness lasting more than two weeks, diminished interest in most daily activities, particularly pleasurable ones, decreased appetite and subsequent weight loss or, conversely, increased appetite and weight gain; lack of sleep (insomnia); frequent awakening throughout the night, or conversely, an increased need for sleep; anxiety and/or diminished ability to think or concentrate. Depression can also be manifested in eating disorders, self-harm and anxiety disorders.

Although the cause of depression is unknown in most cases, it is believed to be associated with a combination of medical, genetic and environmental factors. Psychologists believe that imbalances of chemicals that transmit nerve signals (neurotransmitters) in the brain may also play a role.

Depression appears to run in families, although no specific genes have been identified. In about 35 percent of cases, depression develops in response to a medical illness or from long-term use of some medications, including beta-blockers for high blood pressure and corticosteroids for arthritis. Other causes of this "secondary depression" include alcoholism, an undiagnosed thyroid gland, vitamin deficiencies and schizophrenia. Episodes may be connected to major life events, such as the death of a loved one or loss of a job, anything that causes severe stress.

It is this high amount of stress and pressure that can possibly be linked to the extremely high number of college students that suffer from depression.

According to the textbook, "Exploring Psychology" by David G. Myers, which is issued to psychology majors here on campus, stress has different sources and effects. Humans use it to cope with challenges, and it can even be good sometimes. Myers says, like when it pushes us to complete a task. But severe or long-term stress can be dangerous. Not only does stress put us at risk for depression, it can also compromise our immune system, making us more likely to get...

SEE DEPRESSION PAGE 2
DEGREES
CONTINUED FROM PAGE 1
tion, Tacoma. He was named an American Leadership Forum Fel low in 1994 and Citizen of the Year by the Washington State Psycholo gists Association.

Purtullo trained as a physical therapist and began her career in rural North Dakota before she moved to the Washington State. Purtullo joined Project Hope in Colombia, and pursued a humanitarian fel lowship in Bangladesh.

After noticing that healthcare professionals and patients had lost much of the knowledge they had been involved in their own work or recov ery, Purtullo enrolled at Harvard University to study ethics and the philosophical and religious tradi tions of ethical inquiry. During her studies she there was she named a Joseph P Kennedy Fellow in Medi cal Ethics.

Purtullo has written six books and more than 90 articles about the ethics of health care practice and policy, including a 1983 prize-winning article pre dicting major ethical and social is sues that would arise from AIDS. Purtullo’s current roles include senior research associate at Mas sachusetts General Hospital’s Yvonne L. Munn Center for Nurs ing Research and presidential vis iting professor at the University of Vermont.

The honorary Doctor in Hu mane Letters will mark Pur tilo’s fifth honorary degree, and she also holds a distinguished alum na of the College on Divinity School. She is also a Catherine Worthington Fellow and Mary MacMillian Award recipient of the American Physical Therapy Asso ciation.

For more information about the honorary degree recipients or for the graduation ceremony itself, don’t miss the 120th Commencement Ceremony on Sunday, May 13 from 2-4:30pm.

THE PUGET SOUND TRAIL
April 6, 2012

Library hosts Edible Books Festival
Collins participates in culinary celebration of literature

By GAEYLON MOORE

Each year Puget Sound hosts a chapter of the International Edible Books Festival. Everyone is invited to submit something edible inspired by a book.

The 2012 crowd favorite was “The Egg Benedict Society” with fruit roll-up/modeling chocolate monks sitting in Oreo chairs around a huge eggs benedict in the center. It was inspired by the young adult novel The Mysterious Benedict Society. The piece was created by Isobel Ladenburg, a student at Ma son Middle School. The book was recommended to her by her friends, and although she has yet to read it she immediately associated the Library. The book was given her favorite breakfast meal.

Another campus favorite was a representation of Catch 22 made of 22 colored Swedish fish strung on a line. This creation was by Mary K. Long, a Puget Sound alumna who graduated in the class of 1943 and who came to the event dressed in a hot-pink rain jacket.

The Library Director Jane Car lin mentioned that the Tacoma Weekly article published earlier that week brought in local interest to this year’s festival. She also likes to note that “you don’t have to bake or cook anything to enter,” as can be seen from the winning submissions. All they really look for is creativity, says judge William Jolly, a professor of culinary arts. “This year’s en tries have been much more creative,” he says.

The festival began as “a celebration of the digestion of cul ture and a way to concretely share ideas,” according to Beatrice Connor, the co-creator of the international event, as she writes on the website books2eat.com. It started as an idea book artists and students to submit culinary interpretations of books and more than 90 articles about the ethics of health care practice and policy, including a 1983 prize-winning article predicting major ethical and social issues that would arise from AIDS. Purtullo’s current roles include senior research associate at Massachusetts General Hospital’s Yvonne L. Munn Center for Nursing Research and presidential visiting professor at the University of Vermont.

The honorary Doctor in Humane Letters will mark Purtullo’s fifth honorary degree, and she also holds a distinguished alumnus of the College on Divinity School. She is also a Catherine Worthington Fellow and Mary MacMillian Award recipient of the American Physical Therapy Association.

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DEPRESSION
CONTINUED FROM PAGE 1

Everyone responds to stress differently, which adds to the confusing nature of depression causes. Creating a support sys tem, whether it is through so cial interaction, close relation ships, hobbies, religious practice or exercise, can be key to keeping stress low and working through stressful times.

There is always help, and hope, for people suffering from de pression. Students on campus dealing with depression or sui cidal thoughts can always seek out campus resources, Counsel ing, Health, and Wellness Ser vices has walk-in hours on Mon day through Friday from 9-3pm. If a student is struggling and re spectively needs to talk to someone, there is a therapist available to talk to during those hours with out having a prior appoint ment. For additional informa tion or opportunities to get help for you or a friend, see the Coun seling, Health and Wellness Ser vices webpage on the University of Puget Sound website; partic ularly those resources entitled “Suicide Prevention at UPS.”

SECURITY REPORT

The following incidents have been reported to Security Services between March 27, 2012 and April 3, 2012:

Larceny Thefts
There were no thefts reported during the week.

Bicycles Stolen From Campus
There were no bicycles reported stolen during the week.

Steal from Vehicle
No thefts from vehicle reported during the week.

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Military's branding utilizes modern mediums to attract young generation

By CAROLEA CASAS

I will never be one to belittle the work of the U.S. Military. I have, however, been known to question the motives behind certain actions taken by our armed forces.

My latest related qualm revolves around the manner in which the Military markets itself. Last week, I was sitting with a friend of mine, thoroughly engrossed in whatever was happening on my computer screen, when he tapped on my shoulder to show me what he was only able to describe as a less-than-politically-correct advertisement for the United States Marines.

The sign read, "It's God's job to pass judgment on the terrorists. It's our job to arrange the meeting." At first, I was certain it was a joke. I thought at that very moment, in our entirety, that I was making sure not to offend non-religious citizens with references to God. However, the advertisement would not have cleared by the military's promotion and distribution mechanism. But I was wrong.

I've noticed a distinct change in the way the military markets itself, possibly as a result of the War on Terror. Ads for the Military have not been solely featured on billboards as of late, though. Strength for the future of the U.S. Military depends on the attitudes of the younger populace. This sentiment might explain why videos like the one for Katy Perry's single "Firework," which glorifies joining the Marines as a proactive and empowering way to get over a cheating boyfriend, is associated with consuming the salvaged remnants of American livelihood.

School cafeterias began banning Pink Slime after the public outcry spread widely through media outlets. Over the course of two weeks, school districts in Massachusetts, consumer watch groups and concerned politicians have been up in arms about the wanton spraying of this cow pulp and undesirable beef scraps. Simply grind all these things down into a finely textured meat pulp and voila! Out comes Pink Slime, with all its wondrous cost-saving benefits.

Yet the American public appears not to like this knowledge that its beloved ground beef has been adulterated with a chemical that they only know as an ingredient in household cleaning products. Ever since ABC News broke the Pink Slime story on March 7th, concerned watch groups and "concerned" politicians have been up in arms about safety and changing regulations associated with consuming the salvaged remnants of American livestock.

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Despite having good intentions, Kony 2012 misses the point

By ANYA CALLAHAN

Invisible Children, an American-founded NGO focused on advocacy in Uganda, has made it their goal to put an end to child armies and capture Joseph Kony, the leader of rebel group The Lords Resistance Army (LRA).

The foundation seeks to mobilize American youth to advocate in Uganda through raising money and awareness to rebuild schools and provide scholarships for Ugandan youth. Invisible Children first released a self-titled documentary in 2006 illuminating the filmmakers’ perspective on the human rights violations by the LRA. The film shows interviews and footage of child soldiers captured by Kony and child refugees fleeing the impending threat of abduction and enslavement.

This film sparked a national movement with thousands of screenings on campuses across America.

Kony 2012 is the most recent film from Invisible Children and was released on March 5. A month old and already viral, with over 86 million views on YouTube, Kony 2012 has prompted a national movement. The film’s goal is to promote the capture of LRA leader Joseph Kony and stop the atrocities. Invisible Children seeks to illuminate the atrocities of Kony’s reign by releasing the film by December 2012, when the campaign expired.

Kony 2012 reveals Invisible Children’s scheme to have Kony arrested by portraying him as the sole impediment to peace in Uganda. Director Jason Russell sensationalizes the atrocities by oversimplifying the issues. Kony 2012 is littered with mesmerizing music, startling imagery, and the false premise that the viewer will somehow be able to stop Kony. Russell personalizes the problem, drawing empathy by paralleling the film with his son and subjective duty as a father to protect all children regardless of skin color.

The movement gains more praise from the consumerist YouTube viewer by gaining support from 20 “celebrity culture makers,” such as George Clooney, Angelina Jolie, Oprah, Taylor Swift and Ryan Seacrest, and 12 “policy makers” with the power to keep U.S. government officials in Africa, to assist in the capture of Kony. These influential people include George W. Bush, Condoleezza Rice and John Kerry.

While the campaign’s promotion of global awareness is certainly good, awareness alone is not going to end a violent conflict. Kony 2012 has been criticized for providing a black-and-white depiction of the violence in Uganda rather than encouraging viewers to educate themselves fully about the conflict. Individuals across America are writing letters to their representatives and signing petitions, but they are not even fully aware of the depth of the issue.

Misrepresented in the film, Northern Uganda is actually relatively peaceful for the first time in many years, which makes it peculiar that Invisible Children chose this moment to call for a violent resolution. Not to mention, there is minimal infrastructure in Northern Uganda to provide for the replacement child soldiers. The arrest of Joseph Kony is just one small stride in improving the situation. Though peace talks have failed repeatedly, a non-violent resolution is strongly preferred by the populous of the region.

Conflict resolution was always going to be the responsibility of regional forces, so it is unclear to me how the awareness brought to us by Kony 2012 is the answer. The video has been interpreted as neo-colonialist, it is presented as the white man’s burden to save Uganda, alluding to a sense of American paternalism.

I do see what is happening in the African Unions coupled with U.S. intelligence—as a very good step, and probably the best way to put an end the LRA, but I am still unsure how the 86 million of us who watched a 30-minute film on YouTube are doing anything to help make that happen.

Social media activism an ineffectual tool for major change

By ANDREW LUTFALA

A growing trend of social media activism has arisen over the past few years with the emergence of websites like Twitter and Facebook as powerful means of communication and marketing. However, this shift from actual activism to passive social media activism will have great repercussions in the future if issue awareness replaces civil action.

Invisible Children’s recent viral video campaign Kony 2012 is an excellent example of the faults inherent in the use of Twitter and Facebook to promote social issues.

Jason Russell, the founder of the Invisible Children organization, created the KONY 2012 campaign to spread awareness about the appalling crimes and human rights violations committed by Ugandan warlord Joseph Kony. Invisible Children’s goal was to use the power of social media to make Kony a household name. By all accounts, the organization succeeded in making Kony infamous, through one of the most successful viral marketing campaigns in history.

However, Invisible Children’s campaign and the KONY 2012 video have been widely criticized since the viral market thrust the organization into the spotlight, as puns questioned the data presented in the video as well as Invisible Children’s appropriation and use of the charitable donations it had garnered from the campaign. The organization responded admirably to the criticism, yet the effects of stress and exposure to incredible amounts of scrutiny proved to be too much for founder Jason Russell, who was recently charged with public indecency. Invisible Children has lost much of its credibility as a result of this action, although it continues to do beneficial charitable work through its Kony2012 campaign.

Viral campaigns carry such consequences because of their glaring faults, including the inherent nature of social media sites such as Facebook and Twitter where instant gratification and unabridged opinions are the norm.

Social media culture has ush- ered in an era in which people can be shamelessly outspoken, since they aren’t held accountable for their actions and opinions. The social media con- tract is not binding, but rather a loosely held-together set of rules and protocols that can be dismissed at any time because of the detached nature of online interac- tions.

Sites such as Facebook and Twitter allow people to involve themselves in unengaging interactions where their beliefs can be loosely organized and articulated. The simplicity of Inter- net communication has made it commonplace to express one’s opinions without fear or self-awareness, both emotions that play a significant role in censoring physical interaction and in controlling the realm of public opinion outside of Internet culture.

The pitfalls of social media ac- tivism lies in the “emboldened” actions of those who wish to support a campaign by spreading the word about it, an action that does not necessarily corre- spond to the process of internalizing the meaning and using it to inspire a response that manifests as substantive action.

Instead of re-tweeting a link to an online organization or shar- ing a video about human rights violations, members must be put at the forefront of all social media campaigns.

Social media activism threaten- es to make an entire generation of people into complica- cent yet opinionated boosters who massage their own egos by “spreading awareness” rather than actively supporting a cause. Because our culture has slowly transformed to support the hab- its of the idle, true activism may lose its edge.
**COMBATE ZONE**

**The Combat Zone is intended to be a satirical work. The views and opinions expressed by the Combat Zone do not necessarily reflect those of the Puget Sound Trail, ASUPS, concerned parties or the University of Puget Sound. Please submit compliments or complaints in the form of letters to the editor.**

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Community gardener asserts authority

**"Alders community garden just as Hank's garden.**

**By PEARL KNUCKLESON**

The Alder Community Garden has been a campus feature for years. However, a few weeks ago a controversy sprouted up regarding the garden's ownership. The garden is frequently described as "aggressively but surely, the community garden has become known as Hank's Garden." The garden began as a group effort between now former friends and roommates Hank Nyrick, Rick Bayless and Jon Nolan in order to make a positive impact on their surroundings.

We started the garden to foster communication about sustainability and nearby values. And of course, chucks dig gardens. See what I did there?

According to sources close to Hank, the series of passive-aggressive attacks began subtly, almost imperceptibly, with requests to Hank, the series of passive-aggressively but surely, the community garden has become known as Hank's Garden.

Hank, the series of passive-aggressively but surely, the community garden has become known as Hank's Garden. Hank: Points to where, personally, he thinks the peas should go.

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Children gain suffrage

**New SEXY'Y now open**

**By PEARL KNUCKLESON**

As Puget Sound's new Wetland publication is dominating many students' imaginations, not a whole lot of attention has been given to another new and sexual addition to the campus community. Starting Monday, the new Sexual Experimentation, or SXFY, organization will be headquartered in the basement of Kilworth Hall, for the enjoyment and pleasure for whomever enters.

Juniors Amanda Clamimi and Rick Hardwell hope that the SEX'Y will add positive contributions to sexual discussions and experimentation:

"I've been involved with being more important than Wetlands in our student organization, thinks the legislature makes perfect sense.

"The world's a mess, " he said. "People are scared, and we need to hope for something better for the future for research firms and a sexual experiment area for students and what not."

"But we're going to prove it. We want to make the divorce official."

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Let's make UPS the Portland of boards!

**By SHAKABRAH VONNIE**

My name is Eric Gundersson, and I have a broken wrist. Why do I have a broken wrist? Because there's an epidemic problem at Puget Sound walk-in. Not zombies, but people who walk to classes. If you're wondering why this is a problem, there's a good chance you're one of them.

"I just stop there before you ever mention that we should be wear-
Staceyann Chin inspires Puget Sound students

By DANI SAGE & MOLLY BROWN

Wednesday, March 28, a woman walked causally into the audience of Schinebeck Concert Hall fresh off the airplane and carrying an infant in her arms. Staceyann Chin had arrived.

Chin hails from Jamaica and is an activist, writer and a performance artist. She is often known for her participation in “Russell Simmons’s Def Poetry Jam.” Yet no matter what prestige she has acquired, or what medium she partsakes in, she is first and foremost an uninterrupted version of herself.

Since her coming out, Chin has become an LGBT activist. She has helped write the Broadway show “Def Poetry Jam,” and has written several of her own novels and compilations of her experiences, as well. She is also a spoken word performance artist, putting on shows such as the one students enjoyed at Puget Sound last week.

“Shakes us up your world,” se-
nior Castra Ortiz said. Even though Ortiz had not heard of Chin before her visit to Puget Sound, she found Chin to be an amazing inspiration.

“Before she came, I started to get into this stasis in life. Things were good. But I hear Staceyann and I hear her story and suddenly, I know there’s so much left to do. I think it’s important that we have new voices to help us move forward,” Ortiz said.

Chin’s life has not been an easy one. She grew up in Jamaica with a father who was Afro-Jamaican and a mother who was Chinese-Jamaican. When she was only a baby, her mother left for Canada, returning only once over the course of her childhood. She was raised by her aunt alongside many of her cousins and other family members.

After settling and standing on stage Chin requested the spotlight be removed off of the stage, and the light be brought up in the au-

tence. This request alone set the stage for the casual and personal setting Chin desired to establish.

Chin was originally scheduled to arrive at Puget Sound in November, but had to cancel due to illness. Since November, Chin has had a child. With such a great life change, Chin recognizes her presentations may change too.

“I’m not quite sure what creature of performance I will be,” Chin said.

After several minutes of glib conversation about her pregnancy and C-section, Chin moved to read from her memoir published in 2009, entitled “The Other Side of Paradise.”

“I’m on the other side of the road,” Chin said.

While reading from her memoir, Chin ran out into the audience, spoke to them and danced around the space yielded to her.

Reading the words off the page being too conventional for a performance reader such as Chin, she hopped off the stage and walked between the rows of the audience, putting emotion and feeling into her reading that was not only astonishing but extremely amusing. She performed her life in front of the attending students by animating each character—each real person who took part in her childhood—with a unique voice and opinions.

She involved those who attended the event greatly through her active reading.

Chin read three excerpts from her memoir. Each of them was set in her younger years as a nine-year-old girl, experiencing changes in her life. During one of the excerpts, Chin described her first period. After looking out into the audience while reading her memoir, Chin laughed.

Chin shared some very personal experiences from her life. Her first passage showcased her experience with a cousin she lived with and how he took advantage of her several times and sexually harassed her. Despite the sad tale, she was also able to confirm her empowerment of fighting back. One night when her cousin entered her room to molest her, she threw a sharp pencil on the bed in the middle of her reading.

Her second reading involved the more light-hearted tale of how she got her first period. She constantly reminded her audience that the life she lived in Jamaica was one

National Occupational Therapy Month raises awareness

By MELANIE REIFF

April is National Occupational Therapy (OT) Month, and the OT department at Puget Sound is celebrating by raising awareness about their field.

Occupational Therapy is a rehabilitative therapy that focuses on helping a wide variety of people participate in their everyday occupations or activities. This covers a variety of daily tasks such as getting dressed, taking a shower, driving, cooking and going back to work.

Clients of occupational therapy include those recently injured, those born with mental or physical disabilities, those who acquire a disability at any point in life (from a motor vehicle accident, a stroke, etc.), those who are recovering from more extensive surgery and people with cognitive issues that affect their participation in daily activities, among others.

Because of this wide client base, occupational therapists take a holistic approach to therapy, analyzing each person's abilities and the environment in which they live. While it may look like many of the treatments are just games, like the use of the Wii, occupational therapists use such tools to help their clients regain balance, improve their visual skills and achieve their overall goals.

Occupational therapists work in a variety of settings including the NICU, schools, hospitals, private homes or private practices among others. Depending on the work setting and environment, occupational therapists are part of a treatment team working with a physician, nurses, physical therapists, speech therapists, occupational therapists, teachers, parents or care givers, and the client to provide the best care.

Occupational therapy focuses on the functional abilities of a person and their daily living tasks. Where physical therapy tends to be more bio-mechanical, focusing on building muscle strength, occupational therapy often focuses on the cognitive aspects of a person's abilities.

The Puget Sound Occupational Therapy program is one of the three graduate programs on the Puget Sound campus. The program is nationally recognized for its faculty excellence and dedication to teaching, and it draws students from around the country.

“The Puget Sound program is one of only a few in the nation with an on-site clinic. The last semester in the program we get to treat a pediatric and an adult client from the community getting hands on experience before going out for at least 6 months of fieldwork internships,” said second-year OT student and former Puget Sound undergraduate Sarah Bicker.

“We also have several nationally recognized and published professors, making the program even stronger.”

Bicker is drawn to the study of occupational therapy because she wants to help people live a better life.

“I want to get a great job where I can truly make a difference in a person’s functional abilities and improve their quality of life,” Bicker said of her post-graduate goals.

As a second-year in the program, Bicker is completing her thesis and works with two clients of her own. Bicker enjoys working with her clients while still under the supervision of her professors. Because of this preparation, Bicker will be ready to successfully work in the real world. After she graduates, Bicker will be interning in different capacities in the field.

As April is Occupational Therapy Month, OT students will be talking in the S.U.B. on April 11, 12 and 13, encouraging students to try some of the adaptive equipment and learn about the OT program.

Occupational therapists are important in helping people return to their normal lives. We may all face difficulties performing our daily tasks someday, so if that day comes, ask yourself: What can OT do for you?”

Casting: Students learn skills such as casting to prepare themselves for their future practice.
Crafty Connie’s helpful hints for do-it-yourself plumbing

By CONRAD WHARTON

Plumbing problems are all too common in the domestic world. Today’s crafty plumber Randy P. Spleaver will offer up convenient DIY solutions to your flow-related problems.

Domestic Dilemma #1: Hey Randy, the drain in my shower keeps backing up. Now I just take really shallow baths. Help?

That sounds disgusting! I can only assume everything below your ankles is now coated in a nice crust of shame. There might even be some crusty shame on your socks. Once you get stuff clean, be sure to use your windex roommates’ hair-covered shower upstairs or simply move to a place where it’s long enough, it’s time to get that drain cleaned out. Pour some soda down there to get things flowing again—Cake is best. Actually, whatever you use, you might find your baths are best. Fight diabetes where you find it, I always say! Next, try to find out what is backing up your drain in order to avoid this smelly fate in the future. If it’s the drain full of hair, get a haircut, ya stinkin’ hoppin’ Freds looked good on Bob. Marley, you look more like a caterpillar erg. Not a good image for you to wear as a single senior citizen.

Domestic Dilemma #2: My shower seems to have two temperatures: Fires of hell and polar expedition. How can I stop showing up to class looking like alternate stages of a Red Lobster meal? Harden up, Christ.

Domestic Dilemma #3: The toilet in my Trimble suite is on strike. Nine out of ten flushes, it clogs and my roommates and I have a nasty mess. Yuck! Please help, Randy! What should I do?

Try not going to Gateway to India six days a week and learn to cook, lazy! You could even try going vegan. A vegan diet might not help your digestion, but you’ll die of misery within weeks. The reduced load on the abode will help out the rest of your roommates and drama-tically take one for the team.

Domestic Dilemma #4: I’ve been leaving my dishes in the sink all semester. For the first few weeks, they emerged sparkling clean after a few days. Now, they just sit there! What’s wrong with my sink?

You’re missing your sink for a dishwasher. You’re destined to return to your parent’s house immediately after leaving college, where your parents’ dishwasher makes a singer’s notion even more rudely when you turn 30 and are forced to actually leave. For now, buy a meal plan and eat all meals at the S.U.B.

This right here, my friend, is why God made Olympia for you. 99¢ six-pack. Plus, the government puts mind-control drugs in tap water. Trust me.

Domestic Dilemma #7: My garbage disposal makes horrible noises when I flip the switch. I think my roommate dropped a fork down there! How can I get it out?

You’ll never retrieve it without losing at least a hand. If you’re gonna lose body parts, it might as well be in something alive. Go and get yourself the meanest, most poorly trained animal you can find in the pet classifieds. Not only will this beast successfully destroy any future leftover food, it might just come in handy when the Feds start knocking. Who knows what your roommate really put down that disposal, anyway.

Domestic Dilemma #8: I’m a stressed-out RA, and I’ve heard that baths are a great way to relax. Every time I try to take a bath, the water doesn’t fill up more than an inch! This isn’t relaxing at all!

I’m firmly convinced the government is stealing our bathwater and selling it to Canada. I remain ever vigilant with regard to the evil creeping southward. Besides, have you ever tried a Molson Ice?

Awards: Monetary prizes are given to three students and funded by the Book Club of Washington.

By EMILY JOHNSON

In college it seems like all books ever do are collect dust on our dorm room shelves or clutter our backpacks, but what if that means of test books and textbooks there was $1000! For the last three years, the Collins Memorial Library has essentially been doing just that.

The annual Book Collecting Contest, encourages students at the University to develop a deeper appreciation of print material and the value of owning such works, by finding them, finding a collection of out of what they may have at school and at home.

The contest, in its third year at Puget Sound, awards the winning students with $1000, $500 and $250 for first, second and third prizes respectively, and puts the winning submission on display in the library in the fall.

The beauty of the contest, which is funded by the Book Club of Washington, is that while each submission must have a theme, they in no way have to be traditional or scholarly. Ian Greenfield, a Classics Major who graduated in 2011, won last year’s contest with his collection of science fiction and fantasy novels, which included works by J.R.R. Tolkien and H.P. Lovecraft. Other past submissions have featured collections on bicycles, Sunday comics, nautical books and tea.

Each submission includes an essay written by the collector, explaining each of the items in the collection and their related value to the theme, as well as a list of material they hope to add to the collection in the future.

Directors of the Library lane Carlin says the contest demonstrates the value of a liberal arts education,” because the goal is by no means to have the most monetary value but instead, “to display your passions and interests for the whole community to appreciate.” It is her hope that contest will continue to encourage students to display their items they collect for more than just the information they provide, but as a valuable and meaningful possession.

Overall, this contest will encourage students to gain a focus for their personal collections and actively continue adding to it. It is an opportunity to inspire a whole new generation of collectors in our community,” Carlin said.

The winner of our contest each year goes on to compete with students from 10 other universities across the nation, including Harvard and UC Berkeley, for the national book collecting prize, awarded at the Library of Congress in October. In 2010, Puget Sound’s first-year holding the contest, our first-place winner, Andrew Fink, 10, was awarded the national first prize for his collection on 20th Century Propaganda.

This year’s contest concluded with an impressive 19 submissions, which will be judged by one of the university’s librarians, a local collector and Mark Weiler of Seattle’s Wescott and Lieberman Booksellers. The University’s contest will conclude with a reception open to the community on April 19th that will announce the winners and feature the information on the collections submitted.

So before you discount the mismatched collection of texts on your shelves, or decide against exploring one of the local bookstores as you walk by, remember the annual book collecting contest and the opportunity hidden somewhere in all those beloved books.

DIY: Calling a plumber would rob you of the satisfaction you can get from fixing your own plumbing problems.
Rain shortens doubleheader against Bearcats
Season outlook grows dim with 13 losses in Northwest Conference

By DALTON HANDY

After a delayed start, the Puget Sound women's softball team fell 10-0 to the visiting Willamette Bearcats. The loss was their ninth.

Fast Pitch: Rainy conditions did not prevent Elayna Van Hess from pitching well during the game.

By JULIA FISHMAN

Senior Jocelyn Riordan (Lake Forest Park, Wash.) is an iconic Logger. I was especially excited to interview Jocelyn because, as the basketball manager, I was lucky enough to see her as a role model and off the court. Since her sophomore year, she has been chosen for an All-NWC selection, along with being a NWC student-athlete of the week for basketball. This season, in a game against Whitworth, Riordan became the seventh straight defeat, with 13 of the losses coming from Northwest Conference play. The Loggers fell to a 5-21 record while the Bearcats, currently ranked third in the NWC, improved to 14-8.

Alex Watilo was able to limit the Loggers to two runs in the five-inning game, outstanding senior Puget Sound pitcher Elayna Van Hess (Aumsville, Ore.). “She is one of the best pitchers in the conference,” Loggers head coach Jennifer Peterson said of Watilo. The Bearcats senior finished the day with four strikeouts.

Despite the 10 runs Willamette scored, Peterson and senior catcher Christy Atkinson (Marysville, Wash.) felt that Van Hess had pitched admirably given the rainy conditions.

“Elayna pitched really well today, she battled through the rain,” Atkinson said.

“She kept their big hitters at bay,” Peterson said. “Softball is a weird game like that. You can hit a ball hard right at somebody and get out to them, but a ball that falls in the gap,” Van Hess gave up just six hits, but three Logger errors proved costly.

The Loggers committed two of those errors at the top of the fifth inning. The Bearcats capitalized on those mistakes, pouring in six runs in the fifth to put them in position to end the game with the 10 run rule. Susie Krewer provided three of those runs on a triple that landed just fair in right field, clearing the loaded bases.

The Loggers were able to get some momentum going into the bottom of the fifth inning, facing relief pitcher Savannah Pungree. Van Hess led off with a walk and later advanced on a wild pitch. With the bases loaded and two outs, the Bearcats brought Watilo back in to close out the game, who successfully managed to keep the Loggers from pushing the game into a sixth inning.

“It was a smart move, the last thing you want to do is extend [a game],” Peterson said. Although there was supposed to be a second game, the rain was deemed too heavy, and the game will be rescheduled for a later date.

Weather permitting, the Loggers were set to play host to Linfield on Monday. Although Linfield has recently been ranked number one in the NWC, Peterson is confident in their chances. “We’re staying up, we’re coming to every game trying to win it. We just need to break through, but we’re staying up better than you might think,” Atkinson said.

In order to find success, it appears that the Loggers will need to clean up their defense and bring run support. Peterson chalked up some of the defensive losses to the issue of the loss of sophomore pitcher Jenny Davis prior to season. “We have lots of kids learning new positions,” Peterson said.

Losses abound as Loggers venture out

Logger Spotlight: Jocelyn Riordan

Riordan reflects on what it means to be a Logger on and off the basketball court

By ANGEL JOHNSON

This past Tuesday the Loggers came out strong against the Whitman Pirates. Having recently played the Poets during spring break, the Loggers were hoping to turn things around in this match-up. Unfortunately, things turned out similarly to the last game, and although the Loggers fought hard, they once again lost by a score of 23-11.

Unlike their first match-up against the Pirates, the Loggers took the lead early in the game, causing Whittier to feel the pressure of needing to step up. Senior Grace Reid (Kirkland, Wash.) scored the first goal of the match, putting the Loggers on the board. Soon after, freshman Caroline Cook (Ontario, Calif.) scored, allowing the Loggers to control the game 2-0. However, the Poets came back strong and took the lead after scoring four goals in a row.

Senior Katherine Havlik (Salt Lake City, Utah) stopped the Whittier run by scoring a goal for the Loggers with just under 20 minutes left in the match. Sadly, that was not enough to stop the Poets, and they continued to score more goals in the first half until the score was 13-5 in favor of Whittier.

The Loggers continued to fight and were able to score more goals during the second half, starting with freshman Rachel Salvi (Steamboat Springs, Colo.) first goal of the game. Reid and senior Kristine Morris (Tiburon, Calif.) both scored separate goals for the Loggers, bringing the match to 14-8. Morris also contributed a hat trick for the Loggers.

The 14-8 score would be as close as the Loggers would get to the Poets, who thereafter went on a run, completely controlling the game until the end.

The Loggers played a series of games in Illinois this weekend. The first game of the series was hosted by Carthage on March 31, where they fell 21-5.

The Loggers continued game play on April 1 when they were hosted by North Central University. Unfortunately for the Loggers, a new day did not bring new results. The final score was 18-11, with the victory going to North Central.

The Loggers continued play at North Central against Augustana on April 2. Sadly, they were defeated 22-11.

The team will have a week of practice before they are lost to Pacific (Ore.) on April 10. The week will give the team the chance to reflect upon what went wrong during the weekend and make the adjustments necessary to claim victories in their upcoming matches.
**Doubleheader leaves the Loggers high and dry**

By STEPHEN HAMWAY

The Logger baseball team battled hard, but they ultimately came up short, losing both parts of a dou-
bleheader against rival Linfield on Sunday, April 1. The Loggers were scuffling heading into their match-
up, having lost 10 of their previous 11 games, and they knew they faced a tough challenge when they played host to Linfield. Linfield entered the game ranked 15th in the nation with a record of 14-7—not exactly ideal for the Loggers, who were trying to snap a long skid.

In the first game, the Loggers sent junior starter Matt Robinson (Lafayette, Calif.) to the mound to face a daunting lineup for Linfield. Robinson began the game shaky, allowing two hits and a walk that threatened to break the game open in the very first inning. Robinson pitched out of a bases-loaded jam, getting a harmless groundout to end the inning. Robinson had no such luck in the next inning however, as Nathan Fisher of Linfield hit a one-out homer to give the Wildcats a 1-0 lead. Following an RBI single later in the inning, the Loggers found themselves in a 2-0 hole early in the game.

The Loggers responded in the third inning, however, as a small ball allowed them to get their first run of the game. Freshman Jake Boley (Gig Harbor, Wash.) singled to lead-off the inning and stole second. He eventually capitalized on an error at first base, which allowed Boley to score, cutting the Linfield lead to 2-1.

From there, Robinson settled into the flow of the game, allowing only three more hits the rest of the way. Robinson pitched eight innings, allowing four runs (three earned) while striking out six. Unfortunately, the Loggers offense could do little against Linfield’s pitching, which held the Loggers to one hit after the third inning. As such, the team let a solid outing by Robinson go to waste, losing the first game to Linfield 4-1.

The second game began with more of the same, as an RBI double off of Loggers’ junior starter Nate Aguilar (Los Gatos, Calif.) put Linfield up 1-0 in the top of the second inning. However, the Loggers responded this time around, as freshman Kaulana Smith (Kapolei, Hawaii) hit a single, which allowed sophomore Lucas Stone (Ashland, Ore.) to go home, tying up the game in the bottom of the second.

The Loggers broke the tie in the next inning when freshman Connor Savage (Bothell, Wash.) scored on an error. Leading 2-1 after three innings, the Loggers turned to their pitching to preserve the narrow ad-
vantage.

Unfortunately, Aguilar hit a walk in the fifth inning, where five consecutive Linfield singles allowed three runs to score and knocked Aguilar out of the game. Senior Taylor Vole (Portland, Ore.) came in and restored order in the fifth inning, but he ran into more trouble in the sixth, where a lead-off double opened the floodgates, bringing in four runs. Sudden
dly faced with a 8-2 deficit, the Loggers only managed one run for the rest of the game—a RBI groundout by Boley in the ninth inning after the game had been essentially decided. Overall, the Loggers managed six hits in the game, led by Stone who went 2-4 with a run scored.

The doubleheader loss dropped the Loggers to 4-21 on the season. They look to improve their fortunes in their next week beginning Friday, April 6.

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**Weekend matches prove to be a turning point**

The past weekend ended positively for both men’s and women’s tennis

By STEPHEN HAMWAY

The past weekend was a generally positive one for the UPS tennis team, as the men’s team won their first match of the year, while women’s tennis won all three of their matches.

On Friday, March 30, the Loggers men’s team played host to rival Pacific Lutheran University, winning the exhibition 6-3.

The women’s team will head to Puget Sound @ George Washington University on Friday, April 6.

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**Men’s Tennis:**

- **Upcoming Matches:**
  - April 6: Puget Sound @ Pacific
  - April 7: Puget Sound @ George Fox
  - April 13: Puget Sound @ Linfield

**Women’s Tennis:**

- **Upcoming Matches:**
  - April 6: Puget Sound vs. Pacific
  - April 7: Puget Sound vs. George Fox
  - April 13: Puget Sound @ Linfield

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**Advantage:** Women’s doubles led the team to an easy victory against the College of Idaho.
HEYYYY YOU...  

Want to submit a Hey You? Email trailhey@pugetsound.edu or put one in the boxes in Diversion or Quad Runner Cafe.

The Will never publish Hey You that explicitly refer to individuals or groups or are hateful or libelous in nature. A full description of the policy can be found at trail.pugetsound.edu.

Hey You! Girl with the fireworkslena, I want to bang you.

Hey You, Zeus, I want to ride

STI screenings and the occasional student. CHWS’s services include

of assets for the sexually active

resources to all students.

organizations that have helpful

them on campus in order to live

beyond what positions you can try

during sex. One’s sexuality goes far

than just a helpful tip on what to do

their sexuality.

find power within their bodies and

the Puget Sound community to

in bed.

in order to live

In April, 2012

Salmon Fishing in the

The 72 Hour Film Festival

The Artist

PHILOSOPHER

CLASSIFIEDS

The Puget Sound Trail blast you mack on you

Hey You, thanks for letting me

Hey You, thanks for letting me

Hey You, in my English class, I’m

Hey You, Diversion, it’s hard for

Hey You, why do you have to be

Hey You, Gangsta sis, I love danc

Hey You, Cute redhead from the

Hey You, are you Jewish? Not

Hey You, I encourage you to be proactive

Hey You, are you a Jew? Not

Hey You, Shekina Guy, So... you

Hey You, are there for your health

Hey You, are there for your health

Hey You, Redhead, why don’t you

Hey You, Redhead, why don’t you

Hey You, I’m sorry the devil in me came

Hey You, I’m thrilled to take you to the

Hey You, I’m not saying you’re a perfect angel and

Hey You, 10 are there for your health

Hey You, 10 are there for your health

Hey You, 10 are there for your health

Hey You, 10 are there for your health

Hey You, 10 are there for your health

Hey You, 10 are there for your health
Sine Mora satisfies

By WALT MITCHELL

With Mass Effect fever running high and SkyImn still managing to maintain its conversa tion almost five months after its release, Mad for Mad Hat Tea Co. is another feather in its already crowded cap. It is a delightful title that gives the player a fresh perspective on their journey through the stars.

Mad for Mad Hat Tea Co. is a delightful title that gives the player a fresh perspective on their journey through the stars. The unique look and story are what sets it apart from other games in the genre.

The Puget Sound Trail

By MICHELLE CURRY

Tea: Downtown's Mad Hat offers a cozy studying atmosphere and a huge variety of original teas. The Shins will be performing at Sasquatch Music Festival in May. The crispy sunshine rock of The Shins is not lost but improved upon in their latest release. Thirsty? Step out of reality and indulge your secretائےن in a cup of Mad Hat Tea Company.

Port of Morrow proves The Shins can still change your life

By SAMI ROSS

Chin had a moving response. “If a boy is stimulated mentally, he can be more than an entertaining force behind The Shins, they used to know, The Shins worked after a few albums. Sometimes struggle to stay fresh. The swinging chorus, “I know that things can really get rough, when you go it alone. Don’t go thinking you gotta be tough, and play like a stone. Could be there’s nothing else in our lives so critical, as this little home,” will be playing a loop in our lives so critical, as this little home,” will be playing a loop in our lives so critical, as this little home.”

Remember that infamous scene in Garden State when Zach Braff, the protagonist, goes to the tea company. It is open Mon. - Sat. from 10 a.m. - 5 p.m. and is located on 1130 Commerce St. Tacoma, WA 98402.

Thirsty? Step out of reality and indulge your secretائےن in a cup of Mad Hat Tea Company.

The iconic sunshine rock of The Shins is not lost but improved upon in their latest release. Thirsty? Step out of reality and indulge your secretائےن in a cup of Mad Hat Tea Company.

The uplifting lo-fi jams and Mer-

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A new Holocaust film through a realistic lens

By EVAN PEARSON

It is the curse of films dealing with the Holocaust to be bound not only by the score of films that also deal with the Holocaust, but also by our culture’s conception of anti-Semitism for the treatment of the subject matter. I would be remiss without invoking Schindler’s List, where the Nazis and their collaborators are undeniably villainous, their Jewish victims honest and respectable and their saviors noble and self-sacrificing.

Agneska Holland’s In Darkness complicates these extremes by constructing a conflicted and nuanced look of these archetypal persons as actual, genuine, but still human beings with murder, collusion, impotence, lazeriny and even sexuality.

Although perhaps not as emotionally wrenching as Schindler’s List, In Darkness provides a more realistic picture of the events as they transpired in the secret Jewish town of Lvov, as well as the sewers beneath it.

Our flawed protagonist, Leopold Socha (played by Peter Wallerich-Neils), has been making his living as a sewer worker and has a vague glair in Lvov around the time of the German occupation of the town.

A man who knows the sewers better than any man in town, Socha (played by Peter Wallerich-Neils) is a regular American woman, shows and in lowering her to the status of type from her theological pedestal, morally struggle in the program us.

Eve’s struggle and the life of all of herish victims honest and respected and undeniably villainous, their Jews and their collaborators are undeniably evil, their Jewish victims honest and respectable and their saviors noble and self-sacrificing.

Although the genre of Holocaust films is seemingly saturated at this point dealing with the Holocaust, the two hiding spots of the escapees serve as the setting for much of the film with surprising results. The hurried, shrouded eye of the camera allows the audience to feel the tense uncertainty that dogs the escapees for the majority of the film, the few moments above ground intersected with such terror of discovery that the safety of the sewers is palpable by contrast.

A masterful new take on a popular and codified topic, Agnieszka Holland’s In Darkness is a continuation of the same artistry that permeates her most well known work along side the episodes of The Wire, The Sopranos and her body of work. Although our culture may be saturated at this point dealing with the Holocaust, Holland’s depiction of some of many such films in directorial artist, rendering a gritty, conflicted and undeniably human take on the events in the history of the Ukraine.

Tallgrass Gothic overcomes script inadequacies

By TALISON CROSBY

On Friday, March 30, the University of Puget Sound Senior Theatre Festival 2012 presented Tallgrass Gothic, a 75-minute drama set in a small town in the Midwest.

Directed by Marissa Miles-Coccaro, the play focused on Laura Wallerich-Neils (Sarah Smith who is stuck somewhere between an abusive marriage and her love of life, Daniel (Peter Wallerich-Neils). The play follows the ghosts of her husband and a fantasy of escape and freedom with Daniel and becomes more frustrated as the play progresses.

Written by Melanie Marnich, Tallgrass Gothic was originally staged in 1999 and is a fantastic tale inspired by the classic Jacobean tragedy Measure for Measure. Rooms are peppered with wonderful biblical symbolism.

Sarah Smith starred as Laura, and at the beginning of the show, the entire audience seemed to be rooting for the character. The audience waited and wished for Laura to escape, but alas, they were left unsatisfied.

Sarah Smith starred as Laura, and at the beginning of the show, the entire audience seemed to be rooting for the character. The audience waited and wished for Laura to escape, but alas, they were left unsatisfied.

Although Stephen Hamway’s portrayal of Tin seemed awkward and unrealistic at the times, the second that he showed his softer side, the audience gained a subconsciously understanding of Tin’s desperation to keep the love of his life. Mary’s story was even more heartbreaking, throughout the course of the play, the audience slowly began to realize that Mary secretly was in love with Laura. Natalie Keller’s portrayal of Mary was the most touching performance of the cast. Her drunken goofiness was both perfectly hilarious and endearing. Keller beautifully and subtly portrayed the frustration of watching the love of her life play out itself with two doomed relationships.

Laura’s love interest, Daniel, was played by Peter Wallerich-Neils. Wallerich-Neils’s line delivery was genuine, but the character of Daniel himself seemed to lack depth. Although Laura and Daniel’s relationship seemed hopeful at the beginning of the show, Daniel became nothing more than a dream-like fantasy that represented escape.

Whether this was deliberate or an unexpected misunderstanding, Laura’s one wish and the driving plot of the story.

Dr. The hurried, shrouded eye of the camera allows the audience to feel the tense uncertainty that dogs the escapees for the majority of the film, the few moments above ground intersected with such terror of discovery that the safety of the sewers is palpable by contrast.

A masterful new take on a popular and codified topic, Agnieszka Holland’s In Darkness is a continuation of the same artistry that permeates her most well known work along side the episodes of The Wire, The Sopranos and her body of work. Although our culture may be saturated at this point dealing with the Holocaust, Holland’s depiction of some of many such films in directorial artist, rendering a gritty, conflicted and undeniably human take on the events in the history of the Ukraine.

Surprisingly, I felt the most sympathy for Laura’s husband Tin and his best friend Mary. Although Stephen Hamway’s portrayal of Tin seemed awkward and unrealistic at the times, the second that he showed his softer side, the audience gained a subconsciously understanding of Tin’s desperation to keep the love of his life.

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More than we are comfortable believing.”

Dramaturg Thomas Crawford accurately describes the audience’s most few reactions to the program notes:

“This Tallgrass Gothic, Melanie Marnich removes the Eve archet

type from her theological pedestal, and in lowering her to the status of a regular American woman, shows us that perhaps we all have more in common with our fallen mothers than we are comfortable believing.”